

Children's Art Camp, see page 5

MAY 2017

VOLUME 33, NO. 5

www.friendshipheightsmd.gov

301-656-2797

Dance the night away!

Whether you remember the jitterbug and Lindy Hop from years ago or

want to learn those dances for the first time, you are invited to a night of swing dancing at the Village Center on Friday, June 2, from 7 to 9 p.m.

Tom Koerner and Debra Sternberg, founders of Gottaswing LLC, have been teaching and

performing for nearly 25 years and have won many championships in this country and in the UK. The evening will include a lesson, a demonstration, and at least an hour of dancing. No experience or partner is required!

Swing dancing is the family of dances that developed with the

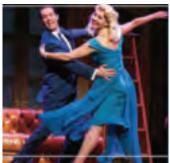
are on you!

"swing" style of jazz music in the 1920s-1940s. All these years later, it is

still going strong. In the words of Duke Ellington: "It Don't Mean A Thing (If It Ain't Got That Swing)"! Please join us for this fun evening.

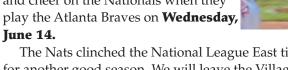
Wear comfortable clothing that does not

restrict movement and flat, smoothsoled shoes that will stay on your feet securely. The cost of admission is \$10 per person; \$15 at the door. Children 7 to 14 are free, but must be accompanied by an adult. Light refreshments will be served. Please sign up at the Center.



We'll take you out to the ball game But the peanuts and Cracker Jack

Spend the afternoon at the ballpark and cheer on the Nationals when they



The Nats clinched the National League East title last fall and hopes are high for another good season. We will leave the Village Center at 2:30 p.m. and return around 8 p.m. The cost of the trip, which includes a covered seat in Section 135 (field level), transportation and driver gratuity, is \$65. The trip involves minimal walking and just four steps down to the seats.

Residents and nonresidents may sign up immediately at the Village Center.

Lunch at L'Auberge **Chez François**

Enjoy a leisurely four-course luncheon on the trip to L'Auberge Chez François, on Wednesday, May 31.

A perennial favorite among restaurant critics and discriminating diners for special-occasion dinners, this Alsatian-French restaurant offers a multi-course menu, featurign but not limited to, Chez Francois' favorites such as warm Roquefort tart, medley of patés or braised Wagyu beef. Appetizers are complemented with the restaurant's organic mesclun salad. For an entrée, you may choose among 16 selections, including fresh trout, grilled Norwegian salmon, classic bouillabaisse, fresh calf's liver, lamb tenderloin, cassoulet, veal, and short ribs, among other Chez François specialties. Don't forget to save room for dessert. The luncheon also includes a small glass of wine.

We'll depart from the Village Center at 10:45 a.m. and should return by 3 p.m.

The cost of the trip, which includes round-trip transportation, four-course luncheon with a glass of wine, all taxes and gratuities, is \$88. Residents and their guests may sign up immediately at the Village Center.

There are 29 spaces available. The deadline to sign up is Wednesday, May 24.

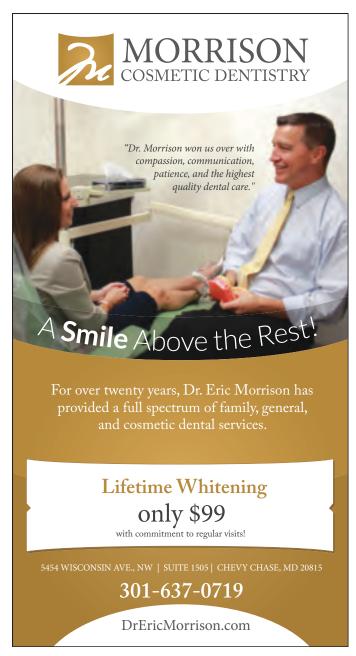
John Eaton Afternoon Concerts, see page 12



Tea and Talk: The brain, aging and movement

Rima Faber, PhD, performer, choreographer, dance educator, founding president of the National Dance Education Organization, and Village instructor, will speak on the strong connection between movement and good cognitive health at the Village Center on **Wednesday, May 17, at 2 p.m.**

Dr. Faber will discuss neuroscience discoveries including engagement, recognizing and forming patterns, nonverbal communication, critical thinking, short and long-term memory, emotion, empathy and intuition, imagery, spatial aspects of mind, symbols, reflection and transfer of learning. Following the program, please stay for tea. Copies of Dr. Faber's book, "Thinking with the Dancing Brain," will be available for sale. RSVP by calling 301-656-2797.



Don't be a victim — beware of fraud and scams!

SENIOR

Learn about fraud and scams targeting seniors at the Village Center on

Wednesday, June 7, at 1 p.m., when Herman Cohen of the Volunteers Resources Section of the County Police Dept. presents a program called Keeping Seniors Safe (KSS). Topics covered will include telemarketers, fake charity solicitations, foreign sweepstakes, tech support scams, "grandparent scams," identity theft and on-line and mall shopping. KSS won the Governor's Crime Prevention Award in 2015. Please let us know you are coming by calling 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the June issue is May 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Village Council Election Monday, May 8

The Village Council election will be Monday, May 8, at the Village Center. The League of Women Voters will run the election. Polls will be open from 7 a.m. to 8 p.m. Seven candidates are running unopposed: **Kathleen**

Cooper; Michael Dorsey; Paula Durbin; David Lewis; John Mertens; Melanie Rose White; and Carolina Zumaran-Jones.

The Council swearing-in ceremony will be Monday, May 15, at 7 p.m., at the Center, followed by a reception. The Council meeting will then begin at 7:30 p.m.

Village celebrates Community Day

On April 20 we celebrated the 31st anniversary of the Village Center with plenty of barbeque from Famous Dave's and music provided by the Mountain Fever Band.

A large crowd enjoyed the festivities, including Maryland District 16 Delegate Marc Korman (shown addressing the crowd), State Senator Susan Lee, and



green space along North Park Avenue and Friendship Boulevard, while the taller buildings would leave some green space undeveloped.

The property owners are hosting an open house on Tuesday, May 16, from 7 to 9 p.m., at the Wisconsin Place Recreation Center. They will have their consultants,

engineers, landscape architects, and other representatives on hand to share information and answer questions.



New trees in Page Park

Three new oak trees were just planted in Page Park as this goes to press (see photo above). Two Scarlett oaks and one Willow oak are now surrounding the two benches on the west side of the park (near 4701 Willard), in the same area where several river birch trees had been removed. A fourth new tree will be planted in the park shortly. The park walkway has also been refreshed with a new layer of mulch.

representatives of U.S. Senators Ben Cardin and Chris Van Hollen.

Possible development at 5550 Friendship Boulevard

At the April 17 Council meeting, representatives from the 5550 Friendship Boulevard property discussed three possibilities for development on the site. All three include a new residential building, either 90, 140 or 180 feet tall, next to the existing office building. The 90-foot tall building would cover the entire remaining Council actions at the April 17 meeting:

- Approved three-year proposal from Lindsey & Associates for Village audit services.
- Approved proposal from Concrete Master Solutions to repair damaged retaining wall in Willoughby Park.
- Authorized vote in favor of donation by Citizens Coordinating Committee on Friendship Heights to support the Coalition for the Capital Crescent Trail.

The next Council meeting will be Monday, May 15, at 7:30 p.m. in the Village Center. The meeting is open to the public.

The effects of HB 2, North Carolina's "bathroom law"

When the U.S. Supreme Court declared same-sex marriage legal in 2015, the debate over LGBT rights shifted to other issues. One of the more publicized controversies involved transgender rights. The nation's attention soon turned to HB 2, a North Carolina law enacted in March 2016 that, among other things, regulated the use of public bathrooms by transgender people. Susan Gluck Mezey will discuss the events in North Carolina and their implications for the larger issue of transgender rights in the United States at the Village Center on **Thursday, May 18, at 7:30 p.m.**

The law provoked a huge uproar throughout the state and beyond, with estimates that North Carolina would lose almost \$4 billion over a dozen years. It was also an important factor in the defeat of the incumbent Republican governor. A little over a year later, the law was "repealed and replaced," but the effects of the new law are not yet clear.

Dr. Mezey, a Village resident, is a professor emeritus of political science at Loyola University Chicago. She is the author of many publications; her most recent book, "Beyond Marriage: Continuing Battles for LGBT Rights," was published in March. Please let us know you plan to attend by calling 301-656-2797.

Ghostwriter to speak at the Village Center

Barbara Feinman Todd will discuss her memoir, "Pretend I'm Not Here," at the Village Center on **Thursday, May 4, at 7:30 p.m.**

Ms. Todd was book researcher for Ben Bradlee, Carl Bernstein, and Bob Woodward, as well as a ghostwriter for then-First Lady Hillary Clinton. She is the founding Journalism Director at Georgetown University, where she teaches in the English department. Co-founder of the Pearl Project, she co-authored "The Truth Left Behind: Inside the Kidnapping and Murder of Daniel Pearl."

Copies of "Pretend I'm Not Here" will be for sale after the program. Please RSVP by calling 301-656-2797.

A few spaces remain for our trip to the special exhibit of fashion by Yves Saint Laurent at the Virginia Museum of Fine Arts on **Tuesday, May 16.** We'll depart from the Center at 9 a.m. and return by 8 p.m. The cost is \$109. Sign up at the Village Center. For information, call 301-656-2797.



Joan Nathan mines recipes from King Solomon's Table

Joan Nathan will discuss her latest cookbook, "King Solomon's Table," at the Village Center on **Monday**, **June 5**, **at 7:30 p.m.**

The biblical King Solomon is said to have sent representatives to all corners of the ancient world, initiating a blending of culinary cultures that continues today. Ms. Nathan's cookbook is



a collection of more than 170 Jewish recipes from around the globe and through the ages.

Joan Nathan is a frequent contributor to The New York Times and other publications. She is the author of 11 books, including "Jewish Cooking in America" and "The New American Cooking," both of which won James Beard Awards and International Assoc. of Culinary Professionals (IACP) Awards. Copies of the latest cookbook will be available for sale. Please let us know you are coming by calling 301-656-2797.

Camp mixes fine art with fun

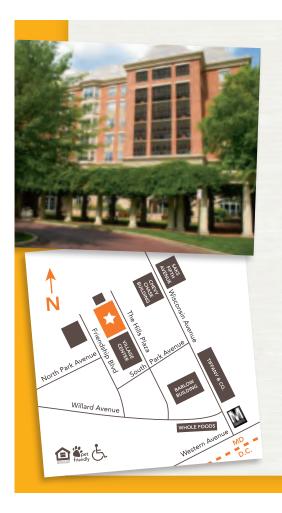
Put some artful fun in your child's summer during our week-long summer art camp **Monday**, **June 26 through Friday**, **June 30**, **from 9:30 a.m. to 1 p.m.** at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects including painting, origami, Chinese brush, pastels, pottery, photography and jewelry.

Children must have completed kindergarten to attend. The cost is \$250 per child. Sign up at the Village Center no later than Tuesday, June 20.

Dr. Michael Gittleson Podiatrist The Barlow Building

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Medicine/Foot Surgery Early Morning Hours



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, May 4, 7:30 p.m. — Book signing with Barbara Feinman Todd—see page 4 for details.

Thursday, May 11, 7 p.m.

— Movie — "Hidden Figures"—

Three brilliant African-American women at NASA, Katherine Johnson, Dorothy Vaughan and Mary Jackson, serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence,



turned around the Space Race and galvanized the world. Stars Taraji P. Henson, Octavia Spencer and Janelle Monae. Rated PG-13. Running Time: 127 minutes.

Thursday, May 18, 7:30 p.m. — Susan Gluck Mezey on NC House Bill 2 — see page 4 for details.

Thursday, May 25, 7 p.m. — Movie — "La La Land"— Sebastian and Mia are drawn together by their common desire to do what they love. However, as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart. Stars Ryan Gosling, Emma Stone and John Legend. Rated PG-13. Running Time: 128 minutes.

The Village Book Club will meet on **Tuesday, May 16, at 11 a.m.** The book selection is "Another Brooklyn" by J.

Woodson. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

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Bright and bold colors mark works by Gerson and Lipton

Artists Lieta Gerson and Gladys Lipton will exhibit in the Friendship Gallery during the month of May.

Both artists are known for their bold and bright colors. The show is titled "Lively and Lustrous" and promises to reflect all the colors of spring. Lieta Gerson has won many awards for her work and is a member of the Potomac Valley Watercolor Assoc., the Baltimore Watercolor Soc., the Olney Art Assoc. and the Md. Pastel Soc.



"Crossroads" by Gladys Lipton

Gladys Lipton is a former teacher of French and Spanish and former head of the New York City's foreign language program. She also served as a consultant to school districts and universities in the United States and abroad. Of her painting she says, "My creations are an exploration of a different world, one that has opened up for me the joy of

working with colors, shapes and forms."

The show runs from May 1 to 27. The public is invited to meet the artists at a reception on **Sunday, May 7, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

More art news:

- Don't forget the July "Pets on Parade" art show open to all area artists. Applications are in the lobby of the Village Center.
- Digital cameras are needed for our children's art camp in June. Donations of digital point-and-shoot or digital SLR cameras would be greatly appreciated and accepted at the Center's front desk.



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The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

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Friendship Heights Village Center



Calendar of Events 2017

	M		A	Y		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The MVA Mobile Office will be at the Village Center twice in May: Tuesday, May 2 and Monday, May 22.	9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	8:15 a.m.: Walking Club 10 a.m 2 p.m.: MVA Mobile Office 12 - 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 - 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Committee Mtg. 7:30 p.m.: Concert: New Brass Quintet	8:15 a.m.: Walking Club 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Barbara Feinman Todd	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1 p.m.: Mah Jongg	6 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	7 a.m. to 8 p.m.: COUNCIL ELECTION 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	9 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea	10 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: The Latest on Blood Pressure 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Washington Revels Maritime Voices	8:15 a.m.: Walking Club 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: "Hidden Figures"	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 1 p.m.: Mah Jongg	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 7 p.m.: FRIENDSHIP HEIGHTS COUNCIL SWEARING-IN 7:30 p.m.: COUNCIL MEETING	8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	17 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: Rima Faber: The Brain and Movement Connection 7:30 p.m.: Concert: Kinor Dance Company	8:15 a.m.: Walking Club 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Susan Gluck Mezey on NC House Bill 2	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 1 p.m.: Mah Jongg	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Spring 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Tai Chi 10 a.m 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 3 p.m.: Coffee and Concert: John Eaton 7 p.m.: Café Muse	8:15 a.m.: Walking Club 10 a.m.: Caregivers Support Group 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Mini-Musicals on the Move presents "Mary Poppins"	25 8:15 a.m.: Walking Club 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: "LaLa Land"	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1 p.m.: Mah Jongg	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	Memorial Day Center open 9 a.m. to 2 p.m. Shuttle Bus runs on weekend schedule 10 a.m.: Great Books	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 10:45 a.m.: Depart for Chez François 12 p.m.: Chess group 1 p.m.: Play reading 7:30 p.m.: Concert:	Friendship Heights Neighbors Network (FHNN) Celebrate spring at the "First Friendship Fling" on Sunday, May 21, 3 to 5 p.m., at the Village Center. Mingle with your neighbors, enjoy lively music and song, tasty food and drinks,		

Shuttle bus hours



Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

The Friendship Heights Village Center is currently closed during renovations. We anticipate construction to continue through August.

Produce market returns to the village this month

620-3285.

and tempting auction items. Also learn more about FHNN's future programs, how to become a member or volunteer, and how to support this growing community organization. Admission: only \$10, so bring a friend! For information, call 240-

Twin Springs Fruit Farm will set up its market on **Saturday, May 6, from 9 a.m. to 1** p.m., and will be on the portico of the Friendship Heights Village Center every Saturday through December.

World Jam Club

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, bok choy, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are

and other veggies. Also available in May are strawberries, red raspberries, cherries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

CLASSES AND CLUBS

PLEASE SIGN UP <u>AT LEAST</u> 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART AND GAMES

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, Thursdays, 6:45 to 8:45 p.m., June 8 – August 17. \$60 for residents; \$80 for nonresidents. Class will not meet June 29.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., June 7 – July 19. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet June 28.

BASIC PHOTOGRAPHY FOR

CHILDREN A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., May 13 – June 24, \$50. The class is open to children 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet May 27.

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Fridays, 1 to 3 p.m., May 5 – June 9. Instructor Robin Dinerman will provide games and cards. Call Robin

at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes the materials). For beginners or anyone who wants a refresher. Minimum number of students is 6; maximum is 13.

STILL LIFE AND BEYOND

An 8-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., June 22 — August 17. \$148 for residents; \$160 for nonresidents. This summer the still life students will explore new ideas within their own sketch books. This is a personal space for thinking, researching and recording observations. Joan will present various materials, techniques and ideas to inspire new work; participants will choose the subject matter. Recommended materials include a sketch book that will accept watercolor and pen and ink. Class will not meet June 29.

EXERCISE AND DANCE

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., May 9 – June 20. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet May 30.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., May 12 – June 23. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed `Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents. Class will not meet May 26.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., May 10 – June 21. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents. Class will not meet May 31.

DANCE FOR HEALTH

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; June 1 – July 13, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class will incorporate some elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. \$65 for residents; \$70 for nonresidents. Class will not meet June 29.

DC TAI CHI

A 6-week class, Mondays, 9:30 to 10:30 a.m. (note slight change in time), June 12 – August 7. Taught by internationally recognized Master Nick Gracenin. Will introduce the essentials of traditional Tai Chi and Qigong and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$65 for residents; \$70 for nonresidents. Visit www.dctaichi.com for more information. Class will not meet June 26, July 3 or July 24.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., May 16 – June 20. Pilates movements tone the body from "the inside out" bringing about corestrength, muscle balance and proper spinal alignment. This class is for both

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beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

FIRST AID

NEW!

AED/CPR

One-day course in CPR and Automated External Defibrillator (AED), taught by Suburban Hospital, Saturday, June 17, 9:30 a.m. — 1 p.m., \$45 (includes a textbook), a minimum of six participants is required. Learn the latest AED training and lifesaving techniques. Designed for laypeople looking for a CPR credentialed course. Minimum age is 15.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CAREGIVERS SUPPORT GROUP

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by a clinical social worker and certified advanced social work case manager. The group is for caregivers only.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, a board certified speechlanguage pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

TEA

Hot beverages, cookies, assorted pastries and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time. See page 6 for more details.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13 for details of this month's meeting.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for more information.

Caregivers Support Group

Are you a family caregiver who is feeling overwhelmed, anxious, or sad? The Village support group offers a chance to connect with others experiencing similar situations. Come vent, share stories, and learn coping strategies. Facilitated by a professional, the support group gives participants the opportunity to find emotional comfort and moral support, gain practical advice, compare notes on resources, talk honestly and confidentially with others going through the same thing.

The caregivers support group will next meet at the Village Center on **Tuesday**, **May 23, from 10 to 11:30 a.m.** Meetings are led by Judith Bernstein of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager. The group is a partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Let us know if you plan to attend by calling 301-656-2797. Please note: the group is for caregivers only.



Concerts are held every Wednesday from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, May 3—New Brass Quintet— The New Brass Quintet is a chamber music ensemble representing a brass section of a symphony orchestra with a wide range of musical styles, from Baroque to jazz, from secular to sacred.

Wednesday, May 10 — Washington Revels Maritime Voices— Washington Revels Maritime Voices celebrates the sea and inland waterways of America — the men who worked the great sailing ships, the women who sustained the shore-side communities, and the men and women who lived and worked on the canals, lakes and rivers.

Wednesday, May 17— Kinor Dance Company— This dance company with Israeli overtones returns to Friendship Heights with a program ranging from somber and moving to light and hope-filled.



Wednesday, May 24 — *Mini-Musicals on the Move presents Mary Poppins* — The moving musical group presents highlights from this Broadway favorite featuring the practically perfect nanny, the Banks family and Bert, the chimney sweep.

Wednesday, May 31 — World Jam Club— This quartet consists of guitarist Peter Fields, bass player Claude Arthur, violinist Susan Jones and percussionist Tom Jones. Its music combines the precision of a chamber ensemble with the spontaniety of a jazz group.

Jazz, Blues and Broadway with legendary John Eaton

Join us for an afternoon — or two — of "Jazz, Blues and Broadway" with pianist John Eaton on **Monday, May 22, at 3 p.m. and Monday, June 19, at 3 p.m.** at the Village Center.

Each one-hour concert will feature different composers including George Gershwin, Duke Ellington, Irving Berlin, Jerome Kern, Cole Porter, Hoagy Carmichael, and other greats.

Renowned piano player, vocalist, musicologist, and humorist John Eaton is considered one of the foremost interpreters of American music. In addition to performing for many years, he teaches a very popular series of classes titled "American Songwriters" at the Smithsonian, Wolf Trap and the Friendship Heights Village Center. His class will return to the Center in the fall. After the concert please stay for coffee and cookies. RSVP 301-656-2797.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

TO YOUR HEALTH

Pressure points:

The latest on blood pressure

Guidelines for treating high blood pressure for people older than 60 continue to change. Find out how the latest thinking about hypertension affects your numbers at this month's Suburban lecture at the Village Center on **Wednesday**, **May 10, at 1 p.m.** Dr. Hayder Hashim, cardiologist, will explain the current research available on hypertension, how recent guidelines can impact blood pressure, and, when treatments, including lifestyle modifications and medication, are appropriate.

Please call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: Lifting your lids

Join Lauren Gavaris, M.D., an ophthalmologist specializing in ocular plastics, at the Vision Support Lunch and Learn at the Village Center on **Thursday**, **May 18**, **from 12:30 to 1:30 p.m.**

Dr. Gavaris will "open our eyes" to the different causes and treatments of droopy eyelids, a condition called ptosis. Most cases of ptosis come on gradually as part of the normal aging process. The upper lid does not open fully and can block vision.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a complimentary light lunch by calling 301-656-2797.

Play readings at the Center

Enjoy a delightful hour of stage reading performances by Seniors on Stage, a group of amateur senior actors in Montgomery County, at the Village Center on **Wednesday, May 31, at 1 p.m.**

The actors will read scenes from "Brief Encounters" and original works highlighting "romance, then and now." RSVP by calling 301-656-2797.

Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #1603 \$2,775,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #402 \$1,325,000: 2 BR,2.5 BA, Balcony; 1,952 SqFt

5610 Wisconsin Ave. #1102 \$2,695,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607 \$2,399,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,856 SqFt

4301 Military Rd. NW. #202 \$1,475,000: 2 BR, 2 BA, Private Terrace; 1,906 SqFt

FOR RENT

5600 Wisconsin Ave. #204 \$2,950/mo: 1 BR, 1.5 BA, Balcony; 1,141 SqFt





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Café Muse presents...

This month's Café Muse, on **Monday, May 22,** will feature poets Jean Nordhaus and Jeneva Stone.

Jean Nordhaus's volumes of poetry include "Memos from the Broken World," "Innocence" and "The Porcelain Apes of Moses Mendelssohn." She has published work in "American Poetry Review," "The New Republic," "Poetry" and "Best American Poetry 2000 and 2007." She has served as poetry coordinator at the Folger Shakespeare Library and president of Washington Writers' Publishing House. She is currently Review Editor of "Poet Lore," the oldest continuously published poetry magazine in the United States.

Jeneva Stone is the author of "Monster," a meditation

on disability, medicine and caregiving. Her nonfiction and poetry have appeared widely in literary journals. She is currently at work on a memoir about her son's rare disease.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization. For more information visit www.wordworksdc.com.

Coming Up: The June 19 reading features poets Karren Alenier and Nancy White.



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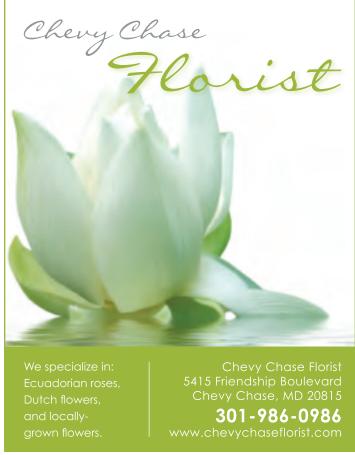


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May 2017 events calendar